

November
2016



SALINA PARKS & RECREATION
THERAPEUTIC RECREATION PROGRAM

NEWS & VIEWS

So You Think You Can Dance?

Once again we will take a break from this class during the winter months. Look for it again in the spring when the daylight savings time begins again!!

Cooking Class Non-Accessible
\$8/\$13 Limit 8
Fri., Nov. 4

Join us at the Salina Emergency Food Bank for a cooking lesson from 3:00-4:00 pm. Participants will help prepare a dish to take home, and help clean up after the lesson. Pick-ups begin at 2:00 pm. **You may only attend one cooking class to give everyone a chance to attend.**

Bowling I & II
\$7/\$12 per session
Wed., Nov. 9 & 23

You may bowl two games each session. Cost includes shoe rental. Please bring money if you wish to purchase food or drinks. Pick-ups begin at 2:00 pm and bowling is from 3:00-4:00 pm at All Star Lanes.

Mileage Club
\$5/\$13
Mon., Nov. 14 & 28

Mileage Club participants receive "Toe Tokens" for

each mile walked plus additional incentives for goals reached. This month we will be walking at Jerry Ivy Park. In case of inclement weather we will walk at the mall. Pick-ups begin at 2:00 pm and we will walk from 3:00-4:00 pm.

Healthy Cooking Accessible
\$8/\$13 Limit 10
Wed., Nov. 16

This class will be held from 3:00-4:00 pm in the K-State Extension Kitchen at the City/County Building, 300 W. Ash St., room 109. Participants will help prepare a dish to take home and help clean up after the lesson. This month's recipe is One Bowl Greek Yogurt Pumpkin Bread with Chocolate Chips, **You may only attend one cooking class to give everyone a chance to attend.**

Music Therapy
\$5/\$10
Thurs., Nov. 17

It's music and dancing and instruments, and more!! Come and join us as Debbie Temple leads this fun class! Pick-ups begin at 2:00 pm and this class is from 3:00-4:00 pm at Carver Center.

Afternoon Movie
\$10/\$15
\$20/\$25 w/snack included
Mon., Nov. 21

Join us for a movie at the AMC theaters in the mall. Pick-ups begin at 2:30 pm. When we get to the mall, you'll choose a movie to watch. ****We are now offering the option of pre-paying for your snack when you enroll. This will eliminate the necessity of you bringing extra money to the theatre. However, you may still sign up as usual and purchase your own snacks at the theater if you prefer.**

Art Class
\$10/\$15
Wed., Nov. 30

Let's get ready for Christmas! It's only 25 days away! We're making hot chocolate snowmen this month. Keep yours, or give it away as a gift! Pick-ups begin at 2:00 pm and the class runs from 3:00-4:00 pm.



**DENVER TRIP
NOVEMBER 5-8!!!!**

COMING UP NEXT MONTH!!
Christmas Dance at Friendship Center
Friday, December 16
Make sure you save this date!!



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